

**Report from the Alternative & Holistic Health Plank
Washington State Summit of Mental Health Consumers & Survivors
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The group that met for the Alternative and Holistic Health Plank was one of the larger gatherings, emphasizing the growing demand for services that take a holistic approach to mental health recovery.

Outcome # 1: Education

Strategies/Next Steps:

1. Increase funding for education
2. Media blitz
3. Work with existing agencies
4. Have paid holistic practitioners go to clubhouses and help with consumers and providers with ideas on holistic help
5. Have reps, naturopaths, physicians, counselors and nutritionists serve on state boards

Measurement:

1. Percentage of Holistic practitioners on state boards increased from 2006-2010
 2. Have an active holistic resource and referral brokerage
 3. Measure increased number of trainings for physicians in school
- Educate just as much on vitamins as on medications
 - Utilize alternative ways of educating people like sweets
 - Educate on how to run consumer organizations
 - Educate people on drugs from other countries
 - Educate on Cultural Solutions
 - Create educational opportunities where consumers already go

Outcome # 2: Funding

Strategies/Next Steps:

1. Medicare and Medicaid needs to improve parity
2. 1-800 # for funding app's on holistic treatments
3. Grants for naturopaths and alternative medicine
4. Grants for conferences
5. sharing of resources (like shared kitchens)
6. Creation of wellness card
7. Directly fund alternative therapies

8. Drop in center gets more for Arts and Music
9. Lift Medicare/Medicaid cap of services
10. Prevention Dental Care Education
11. Have monthly or quarterly meetings for voting and consensus building

Outcome # 3: Mission Statement

Fund whole body wellness (body, mind, spirit) to include promotion of healing and enhancement of wellness instead of containment of disease.